



Fall fair at Conestoga

No ferris wheel but lots of students.
Page 3

SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



Idols visit small town

Audience goes wild for top three Canadian idols.
Page 11

MONDAY, OCTOBER 20, 2008

CONESTOGA COLLEGE, KITCHENER, ONT.

WWW.CONESTOGAC.ON.CA/SPOKE

40TH YEAR — NO. 20

Another 10 days of beer and bratwurst come and go

By LIZ KOENIG

Touch your thumb and fingers together on each hand, flap your elbows, wiggle your bottom and clap your hands! E-I-E-I-O! That's right, it's the chicken dance and that can only mean one thing: Oktoberfest!

Kitchener-Waterloo was buzzing with an all-encompassing sense of community and heritage from Oct. 10 to 19.

The sun was shining, polka music flooded the air and the smell of Oktoberfest sausages was palpable. Some people were dressed in dirndls and lederhosen, some just in their colourful Alpine hats covered in buttons, but everyone was in the festive spirit at the opening ceremonies held at Kitchener's civic square.

Each year Oktoberfest attracts more than 700,000 people from all over the world and there was no doubt that as many, if not more, people were there again this year.

Visitors come to celebrate Kitchener's German heritage.

Drinking isn't for everyone but Oktoberfest isn't just about beer. It has events for every age. Some people have been attending Oktoberfest since it first began 40 years ago, while others are still new to the experience. Kate Harris, 6, enjoyed her second Oktoberfest and says collecting buttons for her hat is the best part.

"Nothing's changed. It's a good thing for people to get out and do," said Marko Sandal, who has been to every Oktoberfest from the time he first arrived in Canada from Yugoslavia 39 years ago.

The opening ceremonies included the time-honoured tradition of raising the may-



PHOTO BY LIZ KOENIG

A celebration ensues after keg men, (from left) Mel Colvin and Bill Madill, help Oktoberfest president, Mark Kreller, tap the first keg of the festival. See pages 8 and 9 for more Oktoberfest photos.

pole, polka music, dancing and the tapping of the keg.

During the 10-day celebration more than 40 events took place during the day and at night. 2008 marked the first year that Kitchener-Waterloo included a strong man competition as part of the festivities. Favourites of the festival

include the treasure hunt, Rocktoberfest, Hip-

Hoptoberfest, a pancake breakfast, keg roll, Muchtoberfest (promoted by Conestoga College in association with Much Music), and many more.

There was also a Thanksgiving Day/Oktoberfest parade held

on Thanksgiving Monday. Floats from all of the local German clubs, Lions clubs, local businesses and more participated. The ever recognizable, and newly slimmed-down, large-headed-moustache-adorned mascot, Uncle Hans, and Miss Oktoberfest 2008, Natalie

MacNeil, also made an appearance.

So whether a native of Kitchener or not, Oktoberfest has something "wunderbar" for everyone.

Prost to the next 40 years of Oktoberfest and celebrating a big part of Kitchener's heritage.

Dany returns to studies after bone marrow transplant

By LAURA ROUSE

Dany Mercado has returned to his studies at Conestoga after a year off and says it is great to be back, even though he is now way behind.

Mercado had to leave the mechanical engineering program last October, when the leukemia he had been fighting for five years returned. He received a bone marrow transplant in January of this year and after months and months of intense recovery — most of which was in a sterile environment in the United States — he finally returned home to

Kitchener. His life is now somewhat back to normal.

"This sickness has been a thorn in my side but finally I have some peace," Mercado said.

The 25-year-old is currently taking part-time classes — some first year and some second — at Conestoga just to get going again, because he was told by doctors to take it easy.

"Even though things are sort of back to normal, doctors told me it will take a year for me to fully recover," Mercado said.

He said he is still fighting Graft-Versus-Host Disease, which is a common side effect

"
This sickness has been a
thorn in my side but finally
I have some peace.
— Dany Mercado

of an allogeneic bone marrow or cord blood transplant. In GVHD, the immune cells from the donated marrow or cord blood (the graft) attack the body of the transplant patient

(the host). Mercado said dealing with this beats being in the hospital.

"Unfortunately, I have to go to Detroit and get checked up once a month, so things haven't all gone back to normal," he said.

His transplant was done at Karmanos Cancer Center in Detroit, Mich., because there was no exact donor match for him — a requirement for transplants performed in Ontario. The cancer centre in Detroit performs mismatched transplants — where patients receive bone marrow from the closest possible donor.



INTERNET PHOTO

Dany Mercado is taking it easy after a bone marrow transplant.

Now deep thoughts ... with Conestoga College

Random questions answered by random students

What TV show do you want to see cancelled, immediately?



"American Dad, I'm not a big fan."

Scott Miller,
first-year
law and security

"Copycat shows ripping off originals."

Karen Verhoeve,
first-year
broadcast-television

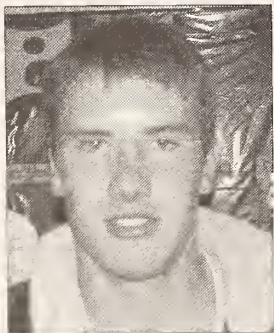


"American Idol, it's been on for too long."

Mike Parsons,
first-year
accounting

"Judge Judy, she's just annoying."

Brandon Best,
first-year
accounting



"Little People, Big World. It exploits midgets' problems."

Colin Leddy,
first-year
architecture

"Dr. Phil. I hate Dr. Phil."

Sam Johnston,
first-year
business insurance



Smile Conestoga, you could be our next respondent!

FLYING A BALLOON TO THE HIGHEST HEIGHTS



PHOTOS BY LAURA ROUSE

This hot-air balloon took off from Victoria Park in Kitchener on Oct. 6, carrying six excited passengers. There are a few companies that offer hot-air balloon rides during the spring, summer and fall, most of which take off and land in Victoria Park.



\$100 in donations provides fuel to pick up 5 trailer loads of corporate food donations to help feed families in Waterloo Region.

Please give generously this year in
Conestoga College's annual
United Way Campaign.



United Way



CONESTOGA
Connect Life and Learning

Veil of secrecy lifted by open adoption

By KEVIN O'BRIEN

Two-year-old Rylan is adopted, but his mother is certain that he'll never suffer any of the stigmas generally associated with adopted children.

Leanne Murray says her son will never wonder who his natural parents are, he'll never ask why they gave him up and he'll never suffer the shock of being told that he's an adopted child for the first time.

This is because Leanne and her husband, Brent Jones, entered into an open adoption agreement with Rylan's birth family. Their son will always be well-versed in his own life history.

An open adoption is an agreement between a child's adoptive parents and birth parents to have continual, direct contact with each other. Frequency of contact is determined by both families and can change over time.

Upon discovering that having a child of their own wasn't possible, Leanne and Brent decided to adopt. It was then that they learned of open adoption. They began sending letters to doctors across Ontario, explaining their intent to adopt and asking physicians to pass on their information to pregnant women considering putting their child up for adoption.

Coincidentally, Rylan's birth



PHOTO SUBMITTED BY LEANNE MURRAY

Rylan and his parents, Leanne Murray and Brent Jones, have found the perfect situation for them in an open adoption.

mother had an appointment scheduled with one of the doctors who had received Leanne and Brent's letter.

"She took that as a sign," Leanne says. "Almost like fate. She sent us an e-mail, and the relationship started from there."

Leanne and Brent now exchange regular e-mails, telephone conversations and visits with their child's birth parents, and even allowed Rylan's birth mother to choose his middle name. To them, Rylan's adoption is not something that should be kept

secret.

"People ask me if I'm worried that Rylan might be confused about who his 'real' parents are," Leanne says. "But I'm not; we talk about it all the time – and he's only two. It's part of our natural language."

In some cases, an open arrangement isn't an option. For a child who has abusive or unstable parents, a closed (or confidential) adoption is usually the safest and healthiest choice. However, if it's possible for children to have a healthy relationship with their birth parents, the benefits to an

open adoption can be great.

According to the Adopt Ontario website (www.adoptontario.ca), a child of an open adoption is less likely to have feelings of abandonment and can benefit from having an increased circle of supportive adults.

In addition, the pros of open adoption range beyond the emotional. For children of a closed adoption, acquiring their natural family's health history can be a lengthy process involving paperwork, applications and phone calls. Families like Rylan's have that information at their fingertips.

"We know our child's medical background right back to his birth great-grandparents," Leanne says. "If we have a question we can just ask. Before open adoption became more popular, that was a concern for people – they didn't know their own medical background."

But it's not just the child that an open adoption can benefit. Such an agreement can help a parent who has chosen to give up her child, allowing peace of mind in the knowledge that she has a say in her child's future parents.

"Our son's birth mother selected us – she was empowered to do that," Leanne says. "She's since said that she can't imagine not knowing what

happened to him."

Recently, Leanne and Brent decided to adopt a second child and have begun a new search. In addition to sending letters like the one that brought Rylan into their lives, they've begun to place advertisements in various university and college newspapers, as well as setting up a website (www.hopingtoadopt.ca), hoping that a mother faced with an unplanned pregnancy may see that there's an option in open adoption.

"(The ads) really help lift the veil of secrecy and shame around unplanned pregnancies," Leanne says. "It's about making a pro-active plan for your child."

That kind of plan, while beneficial for those involved in birth families such as Rylan's, also does a world of good for adoptive families.

Parents like Leanne and Brent can feel confident in knowing that they were specifically chosen to raise Rylan, and feel accepted enough to share their child's life with the natural parents.

"That's the commitment you make when you enter into an open adoption – you now have a new set of extended family. It's good for the birth family, it's good for the adoptive family and it's good for the child," Leanne says. "It's a win-win."

College Fair pulls in high school students

By HEATHER MUIR

At 9 a.m. on Oct. 3 the halls of Conestoga College were buzzing with hundreds of excited teenagers from different high schools across the region.

At the same time, representatives from each of the 24 Ontario colleges were busy handing out information brochures and answering the questions of the prospective students.

Helpful Conestoga students waited at the entrances to greet the visitors. It was easy for the high school students to find their way around Conestoga because all the greeters were wearing bright yellow shirts. Kassandra Oberle and Shannon Vosatka were two of the friendly faces waiting eagerly to help anyone who needed it.

"We come out every year," Shelby McClelland of Sault College, said. This is when we really get our school known to the students."

In the recreation centre, Conestoga presented the different programs they offered. Students were excited as Conestoga Students Inc. talked about the different activities and events that go on at the college throughout the year.

Stephanie Capling and Kelsey Sinden, Huron Heights High School students, were just two of the hundreds of students checking out the different booths.

"I want to be a respiratory therapist," Capling said, while waiting to talk to a nursing representative at the Conestoga College booth to find out what she needed to do to get into the program.

A lot of the students who attended the college fair said they were going to be applying to Conestoga College next fall.

"I think I'm going to take advertising here at Conestoga," Sinden said while waiting to speak with a representative.



PHOTOS BY HEATHER MUIR

Above, Huron Heights students Stephanie Capling and Kelsey Sinden are all smiles as they wandered around the college fair.

Below, high school students crowd Conestoga's hallways while visiting different booths, learning about the various colleges they want to attend.



Harper wins again

Stephen Harper has done it again. He has won a minority government for the second time in a row with 143 seats, a little shy of a majority government, which is what Harper was hoping for.

This will be the third minority government in a row in Canada. Previously, the Liberals had a minority government in 2004, and Harper had his first minority government sworn in after the last election in 2006.

But, how do Harper's promises compare to the last election campaign and has he kept any of his previous ones?

In 2006, Harper promised to improve health care and national security, to create a foreign intelligence service, to overhaul the Access to Information Act, to create a new accountability law, to toughen anti-crime laws, provide more funding for post-secondary education and training, to not tax income trusts and implement parliamentary reform.

Harper also made promises in regards to Aboriginal issues, the economy, infrastructure and social issues.

According to The Canadian Press, which analyzed the 236 campaign promises in the January 2006 Conservative platform, over 50 per cent of those promises were carried out, with another 20 per cent of them being partially carried out.

The Conservatives made good on the majority of their promises in areas of the economy, infrastructure and social issues, but they neglected a lot of other issues.

The government broke their promise to let Tory MPs vote their conscience in most votes in the House of Commons.

They didn't follow through on many aboriginal issues. They failed to improve the Access to Information Act, and to put more funding into health care, child care and post-secondary education and training, although they did give tax breaks and loan support.

As for the election campaign that just finished, Harper promises to not raise taxes, to impose a carbon tax and to not cancel planned tax reductions for business. Harper also promises to take real action to help the environment, to toughen anti-crime laws, to spend money wisely and to pull Canadian troops out of Afghanistan by 2011.

Canadians returned Harper to office, although with some misgivings.

Hopefully, this time around, he will fulfill all his promises, proving he is a man of his word.

For Canada's sake.

Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

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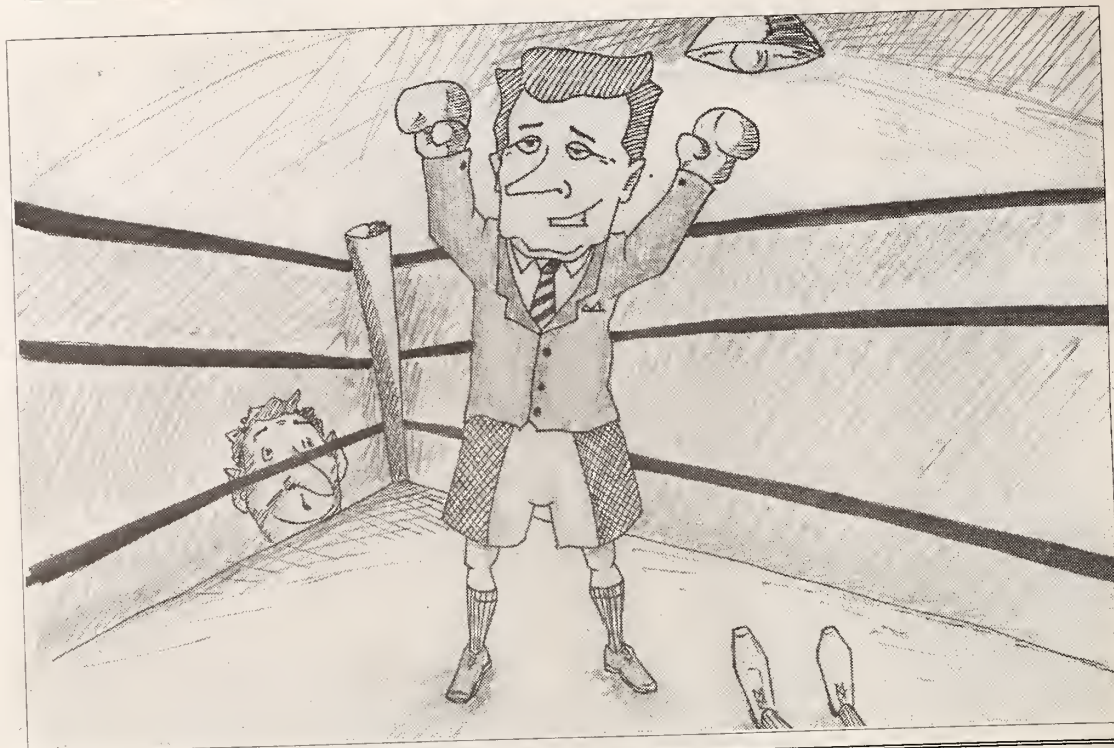
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McCain has made the 'right' choice

A man has the right to choose - a woman

For the life of me, I can't figure out this so-called controversy over Senator John McCain's choice of a vice-presidential running mate. Not a day goes by without some liberal wag poo-hooing McCain's selection. Granted, it may have been a little unexpected, a little left-field, a little "maverick," if you will. But I, for one, believe that this delightful and attractive woman deserves a chance. I'm talking, of course, about a lady who by now needs no introduction. Tina Fey.

Now, don't get me wrong. I'm no conservative. I usually stay as far away from the right wing as Dick Cheney from Guantanamo Bay. And to be honest, I didn't realize until recently that Ms. Fey was a Republican. Be that as it may, I applaud Senator McCain's courageous and difficult choice. How many times does it have to be said? A man has the right to choose.

Of course, ever since this unexpected turn of events, the media has been busy smearing Ms. Fey's good name. But let's just set the record straight, shall we?

Fact: Tina Fey is not now, nor has she ever been, governor of Alaska, home of the smallest state legislature in the United States. Nor was she, just 18 months ago, mayor of a town with less people than New Hamburg. If



Neil McDonald

Opinion

that were true, then of course she would not be qualified to become vice-president. The fact is, for the last two years, Ms. Fey has been entertaining America (and, possibly, its troops) by writing and starring in the hit NBC sitcom, 30 Rock. Do your research, cable news pundits!

Now don't get me wrong. I'm no conservative. I usually stay as far away from the right wing as Dick Cheney from Guantanamo Bay.

Fact: Tina Fey is not, as the smear campaign would have it, a Bible-thumping, gun-toting, witchcraft-avoiding extremist. Nor is she the mother of five children with weird, obviously made-up names like Trig, Piper and Track, one of whom (I believe her name is "Windchime") is pregnant with an out-of-wedlock devil-child.

Oh, you'd like that wouldn't you, cynical media commentators? A holier-than-thou harpy opposed to sex education in schools, whose 17-year-old unmarried daughter comes back from scripture study one day with child? Nice try, but here's the facts. Tina Fey has one child, a three-year-old daughter named Alice who, as far as I can tell, is not currently pregnant.

I could go on, but I think I've made my point. And so has Ms. Fey. I saw her vice-presidential debate with Senator Biden and I was nothing if not impressed. Being a sports fan, I enjoyed her many references to hockey. I also enjoyed her many winks and her use of the terms "you betcha" and "doggone it." That's the type of folksiness they can't teach you at your fancy Harvards or your Yales. Well, maybe Yale.

Lowest of all, though, in this onslaught of Fey-bashing, are her former employers and colleagues at Saturday Night Live. The woman they have hired to impersonate Ms. Fey - an unknown named Sarah Palin - is an embarrassment. She is obviously inexperienced, unqualified and not ready for a job of this magnitude. Whoever she is, this Palin person should be fired immediately and not let near a national stage again. You betcha.

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Students and texting like fish and water

By DAVID SMITH

Over the last decade, young adults the world over have jumped aboard the technological train, especially when it comes to their cellular machines. The days of pushing buttons to initiate a conversation on your Zack Morris phone are over. Texting is the new wave – bringing with it a sea of opportunity.

According to txt.ca, Canada's Text Messaging Resource Centre, Canadians sent more than 10.1 billion person-to-person text messages in 2007, more than doubling the previous year's volume of 4.3 billion.

Kitchener resident Dave Randell, 25, takes full advantage of the texting feature on his cellphone, sending his friends messages every day.

"I'm always sending text messages on my phone. A lot of time I can't talk face to face with some of my friends, they go to different schools, so we send messages back and forth," said Randell.

Conestoga student Melissa Williams, 19, loves texting as much as a father loves chasing his son with power tools.

"I love being able to chat with someone over my phone when I can't reach them in person. My friends and I send jokes to each other, talk about the weekend – we socialize," said Williams.

As text messaging becomes more and more prevalent within our culture, it is being used for more than simply informing friends that you can see them from across the room. It can also be used to vote for the worst dancer on So You Think You Can Dance Canada, order a large pepperoni pizza from Pizza Pizza, get really good pick-up lines that

will never work and to find out how many goals the Leafs lost by, to name just a few.

It's also considered to be an excellent networking medium for those constantly on the go.

Even when not on the go, students can be observed thumbing away on their device of choice while their professors recite rudimentary physics, resulting in some teachers putting to use their authoritative characteristics and taking cellphones away.

Michael Dale, a professor in liberal studies at Conestoga College, said the phones can be a distraction during classtime lectures, but going to the point of removal seems rather elementary.

"Students using their cellphones in class tend to make it quick, without disrupting the rest of the class. If they ring or go off during classtime it's mostly due to students

forgetting to turn them off," said Dale.

"Texting with cellphones has become so big. We (teachers) tell students not to use cellphones during classtime, especially during tests or exams – with the texting, students can go as far as cheating. If it gets to the point where they're (students) are constantly on their phones and making things difficult, they will more than likely be removed from the classroom until they are finished," said Dale.

Randell said, "I'm usually pretty good about turning off my phone before going to class. I can see it being a hassle for some teachers. If they choose to kick them out of class, it's the teacher's time to teach. If someone had their phone always ringing, and I was the teacher, I'd kick them out too."



PHOTO BY DAVID SMITH

Canadians send over 60 million text messages per month – that's more than 18 million text messages each day.

A LOT TO BE THANKFUL FOR



PHOTO BY JESSICA O'DONNELL

Three days of gorgeous sun brought out motorcycles and mopeds on the Thanksgiving long weekend. You will be seeing less of them as the temperature cools off.

The more the merrier

By JAMIE REANSBURY

Enrolment is up by about 5,900 full-time students since 2005, and is projected to keep rising.

Members of college council met on Oct. 6 to update each other on new and continuing business throughout Conestoga.

"I think it lets us be informed about the vision of the college," said Judy Bates, the representative for Student Services.

One of the foremost issues is Enrollment, and how it is rising.

Among first years, Enrollment rose by about 14 per cent based on a 10-day survey taken during the first weeks of school.

Overall, Enrollment was up just under 10 per cent, which is the largest growth in the history of Conestoga.

The president of the college, John Tibbits, said there is a few reasons why Enrollment is rising. The foremost is an economic shift in the community. Tibbits said there have

been thousands of job losses in the general areas surrounding Conestoga. He also said the government adds funding for larger enrolments, and Conestoga is consciously trying to become larger for the benefit of the college.

"When we were small we couldn't even have a Tim Hortons in the college," Tibbits said as an example of Conestoga's growth mentality.

In other business, an update on the career services division of the school was given, as was one on the expansion to the Cambridge Conestoga campus in 2011.

"It's an exciting time, certainly not a boring time," said Tibbits.

According to representatives of career services, since August they have had more than 250 appointments and are currently booked two weeks in advance.

They also noted that their department will be expanding to the Guelph, Stratford and Waterloo Conestoga campuses in the near future.

Cellphone use leaves some feeling disconnected

"I need to buy a BlackBerry condom," the boy explained to his friend, a puzzled and bemused young woman.

Excuse me?

"You know," he expanded, "'Don't be a fool, protect your tool.'"

It was at this moment that I, having overheard this exchange on a recent bus trip home from the college, realized just how ubiquitous communication devices have become.

Perhaps I shouldn't have been surprised that the boy's words hinted at an intimate relationship between man and his technological gadget. Cellphones, BlackBerrys and their equivalents have become as thoroughly cared for as any part of one's own anatomy, so it wouldn't be a stretch to consider them an



Sarah boychuk
Opinion

appendage.

Ironically, these devices, designed to allow users to be forever in-touch, can also be a means of keeping the outside world at bay.

It was recently reported that Paris Hilton, rarely photographed without a BlackBerry at her ear, is often just pretending to be on a call. She hopes that this tactic will deter strangers from approaching her and attempting conversation. While Hilton is not someone

who I often find myself in agreement with, I can't help but suspect that even the everyday people I see around town have adopted her scheme, hiding behind imaginary conversations to avoid real-life interactions.

I've often toyed with the idea of turning my phone off, permanently. Among those who dare to call me regularly, I'm known for being a notorious call-screener: the outgoing message on my cellphone was a cheerful, "Hi. I'm screening you!" until my irritated mother asked me to change it.

What I object to is the idea that I am forever within reach, and, as a fairly private person, fantasize about the possibility of uninterrupted free time. So far, all attempts

have been futile: after my boyfriend's cell fell victim to age and electronic illness, my own inbox filled with texts from his concerned friends. "Where's Bart?" they demanded to know, reminding me of just how difficult it is to escape. The fact that I had a phone in hand meant I had become a kind of de-facto secretary for those I was in regular contact with.

I was even more surprised when my father went from using his cellphone to send simple "Hi" text messages to using his phone to keep me updated on family happenings. Much to my dismay, he has also developed a taste for emoticons. I had become accustomed to placing regular phone calls to my parents since I moved out to attend

school, but figured that land-line conversations would be the extent of our communication, since previous attempts at talking over webcam had been abandoned. That my own parents had adopted text messaging as a primary means of keeping in touch suggested that my one-woman fight to limit cellphone usage was perhaps a doomed mission.

As I was considering this, I happened to stumble across an article celebrating the 25th anniversary of the cellphone. Those who had been contacted for the story marvelled at the great advances these pocket-sized phones had allowed. Mine might be an unpopular stance, but I will continue to defend my pledge against textual promiscuity.

Hitting the books hurts wallet

By **PATRICK LANSBERGEN**

Campus Stores Canada, the company that owns and operates Conestoga College's bookstore and approximately 150 other stores nationwide will be holding a meeting at the end of October to discuss the higher costs of imported textbooks.

A promotional campaign to bring this issue to the attention of both students and politicians was held leading up to the election. According to a memo sent out by Wayne Amundson, executive director of Campus Stores Canada, the added cost of imported books ranges from 10 to 15 per cent. The cost is related to a tariff that distributors may place on imported books.

To raise awareness of this issue to politicians the website, www.cheapertextbooks.ca, was created. Anyone who

wishes to send a message to their local MP fills out their basic contact information and sends a pre-written message.

Mary Andraza, manager of the bookstore at Conestoga College, supports this initiative and believes that after the election students should continue to send messages to their local MP. Andraza admits students aren't very aware of what is going on.

"Students aren't aware of the fact that foreign publishers can create import monopolies," said Andraza.

Other staff agreed that while it is an issue that students could benefit from, they said the students expect the high cost.

"It's the cost of going to school, they know what the costs are and they expect everything to be expensive," said Vanessa Hunter, a staff person at the bookstore.

One of the worst cases, according to Hunter, is when a book is required for a class but isn't used. The most expensive books are almost always returned.

"Students need to be more vocal in their classes. If it's on their textbook list they need to voice that they've put out money and want to use the resource," said Hunter.

Hunter urges students to view www.conestoga.bookware3000.ca to find estimates for the cost of books for each course, to avoid the shock when they come in to purchase them.

The meeting regarding this issue will be in Toronto and attended by stakeholders and government departments, including the Canadian Library Association, the Canadian Publishers Council and the Christian Booksellers Association.

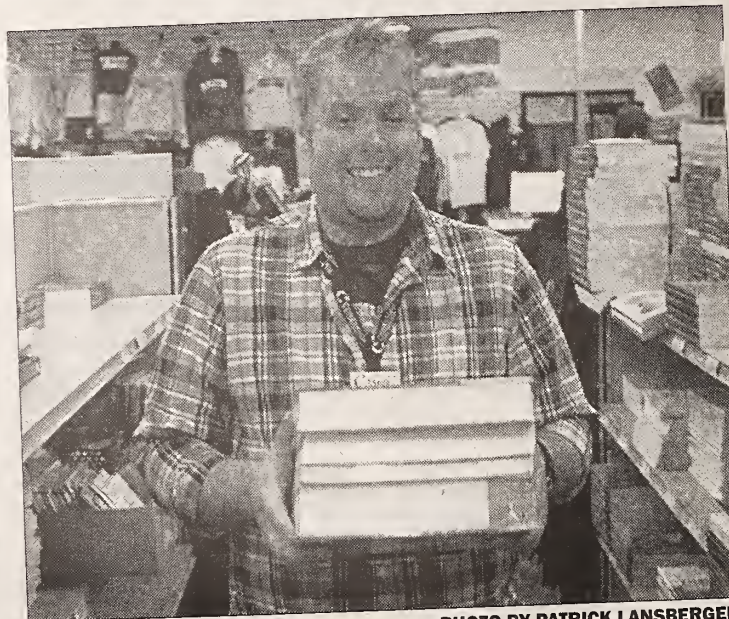


PHOTO BY PATRICK LANSBERGEN

Mark Weiss holds up some of the larger and more expensive books that can be found at the Conestoga bookstore. If action is not taken against the tariff on imported books, then books like these will not see a significant decrease in cost.

Continuing education joins Facebook

By **SARAH BONGERS**

If you, your family members or your friends are considering going back to school but don't know where to begin, Conestoga's continuing education program has a solution for anyone who has a Facebook account.

All you need to do is log into Facebook and type "Continuing Education at Conestoga College" in the Facebook search engine and hit enter.

The search result reveals continuing education's newest web page, a Facebook page for everyone and anyone to join.

Jennifer Trimmel, manager of marketing and development for continuing education and an instructor at the college, said the Facebook page is "not only for existing students but a place for anybody to go to that may be interested in exploring Conestoga's CE program."

"We really want to make sure this space is fun and upbeat and inspirational," said Trimmel. "We want it to inspire people who are a little reluctant to go back to school."

The creator of the Facebook page and second-year public relations student, Jessica Voin, said it is a "personal net-

working tool" where people can connect with one other, ask each other questions and share positive experiences they had with CE courses at Conestoga.

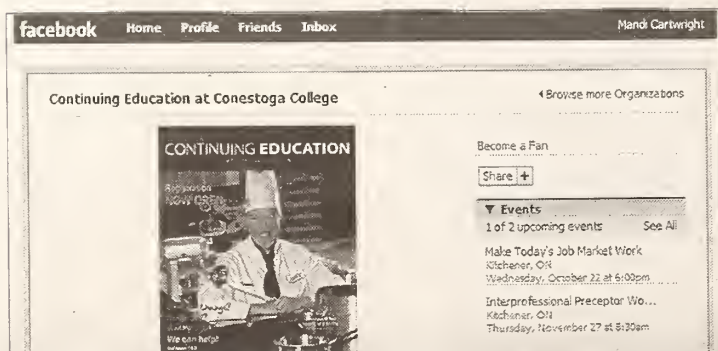
Voin said once someone joins the CE Facebook page they will receive notices of upcoming events, can participate in a wide variety of discussion topics, post notes and post pictures of workshops or graduation.

Trimmel wants people to post stories and testimonials on the page for others to read for inspiration and to be published in the revamped CE catalogue-turned-magazine next year.

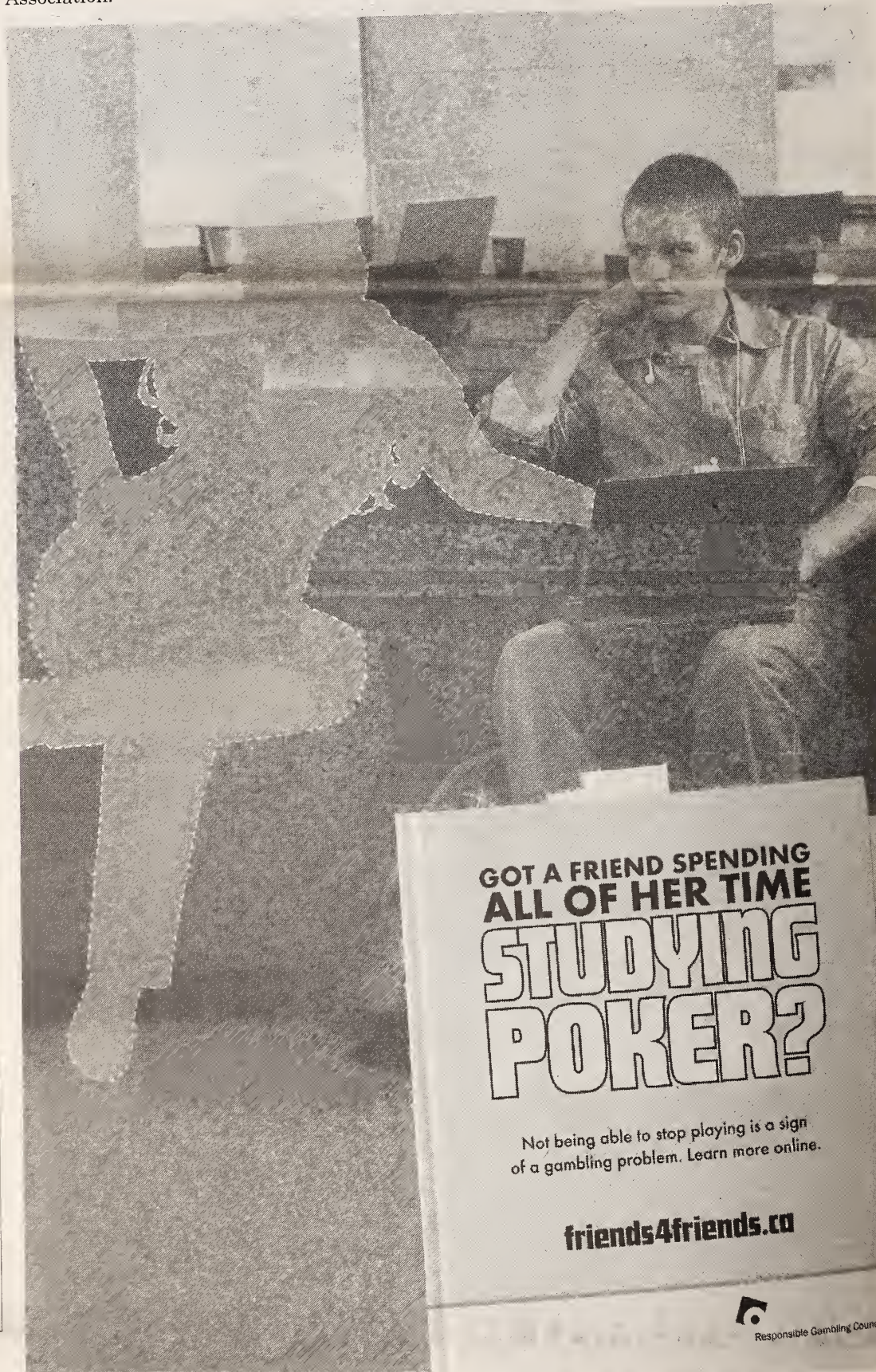
Trimmel encourages students in the college to share this Facebook page with people they know who may need a place to go and ask questions and connect with people who have taken a CE course before.

Samantha Hutton, a first-year general arts and sciences student, said her dad may be one of those people who could find this tool useful since he doesn't have a post-secondary education.

Within two days of the Facebook page being published on Oct. 6, 19 members had joined.



Students can explore CE's new Facebook account.



STEVE STARR



THE REGURGITATOR

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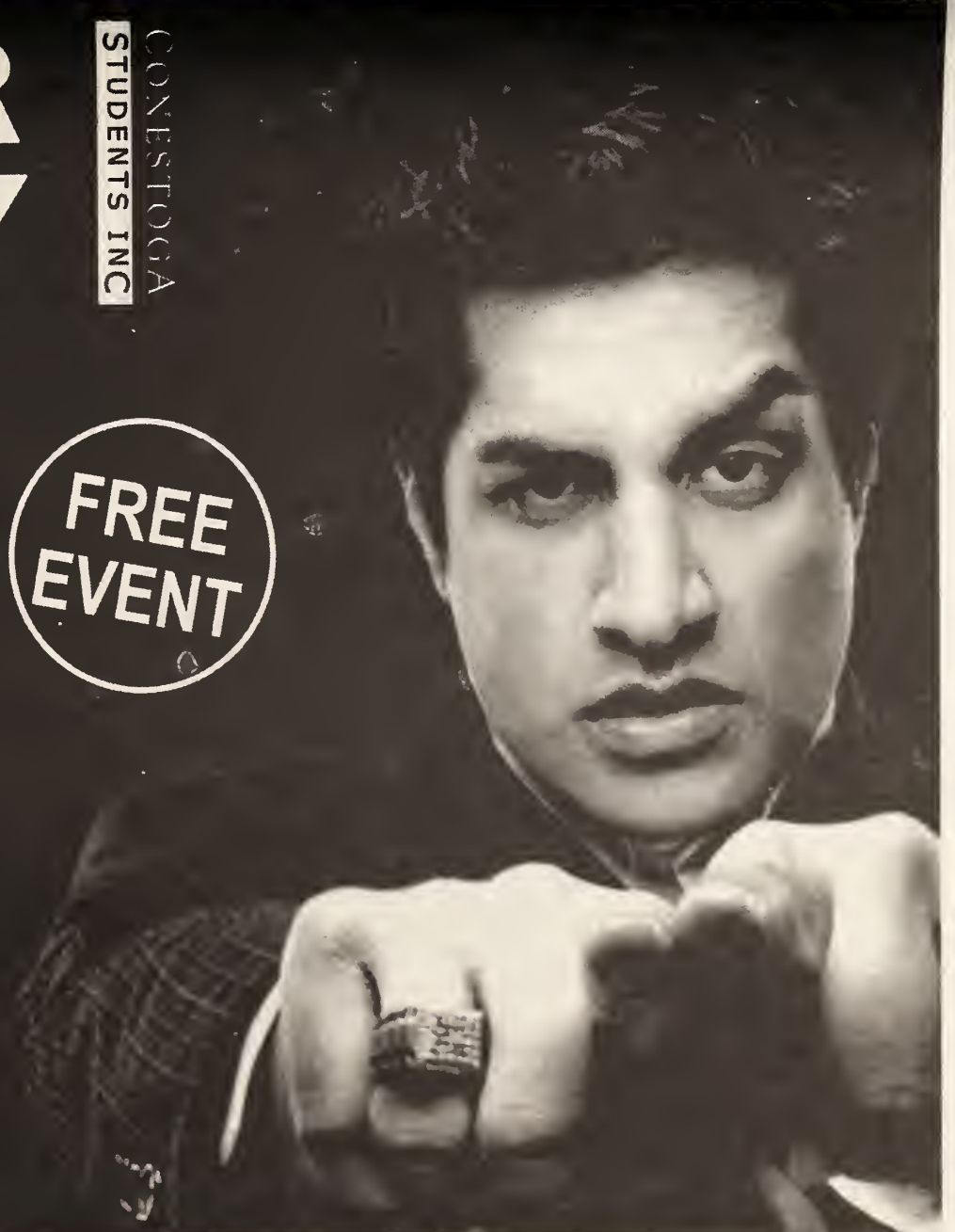


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PHOTOS BY LIZ KOENIG

Top left, the Oktoberfest marketing committee and Onkle Hans lead a mass version of the chicken dance. Bottom left, Oktoberfest marketing committee member Jeremy Manke fires T-shirts out into the crowd. Above, the Concordia Club welcomes nearly 4,000 people on the opening night of Oktoberfest.

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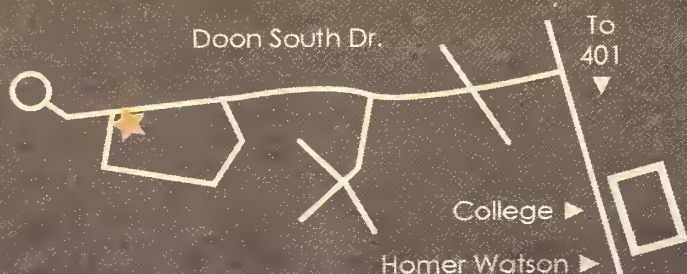
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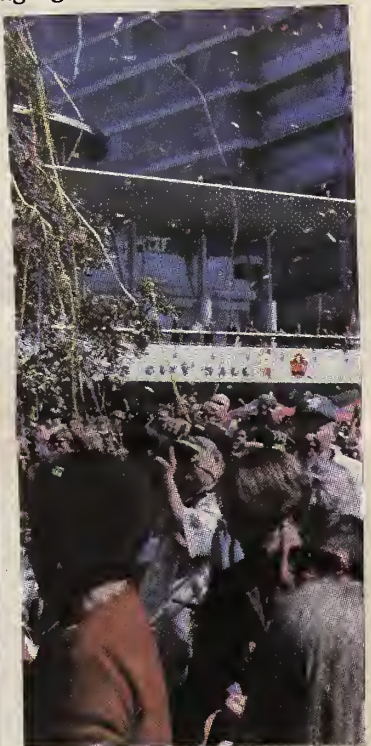


PHOTO BY LIZ KOENIG

Above, the crowd at Kitchener civic square are sprinkled with confetti after the keg is tapped at opening ceremonies. Below, a festively dressed clown runs over to say hello to an onlooker.



PHOTO BY NEIL McDONALD

bratwurst and beer!



PHOTO BY NEIL MCDONALD

Above, the Schneiders float, designed by Conestoga College graphic design students, was one of the most colourful at the parade. Below, Rachel Urquhart, a server at the Concordia Club, reminds us what Oktoberfest is really all about: peace and beer!



PHOTO BY LIZ KOENIG



PHOTOS BY NEIL MCDONALD

Above, giant animals floated through the streets of Kitchener-Waterloo as part of the annual Oktoberfest parade. The Home Hardware float was designed by Conestoga College graphic design students.

Below, a giant Onkle Hans balloon raises a glass to the thousands of people who lined King Street.



PHOTOS BY NEIL MCDONALD

Far right, sisters Chantal and Bethany enjoy the view from atop their perch on the BMO building in uptown Waterloo. Right, a miniature police car delights onlookers (and a dog) at the parade on Oct. 13. There's no word on whether the officer was handing out miniature tickets.





HOROSCOPE

Week of October 20, 2008



Aries

March 21 -
April 19

You feel the urge to reach for a new goal you have dreamed of for a long time. It is much closer to your grasp than you imagined; you can achieve much more when you focus your ambition.



Libra

September 23 -
October 22

This week you will find that you are at your best with everyone around you, even your boss and your mate. They seem to be eager to listen to your ideas; open up and express yourself.



Taurus

April 20 - May 20

If you go shopping this week, don't buy on impulse. Spend time this week thinking about what you need, not only materially but emotionally and otherwise.



Scorpio

October 23 -
November 21

This week is the perfect time to take positive steps toward your own health. Join a gym, get a trainer, see a nutritionist or find a new way to incorporate a little positive energy into your life.



Gemini

May 21 - June 21

You have a close group of friends who you feel most comfortable with. Try reaching out to an outsider this week and expand your horizons.



Sagittarius

November 22 -
December 21

No matter how crazy things get this week, remember that you can handle it all. Your ability to roll with the punches and avoid the worst of any situation should help you in a major way.



Cancer

June 22 - July 22

You may find it easy to lose control this week. Resist the urge by remaining calm and handling one thing at a time. There may be more to the situation than you can yet see.



Capricorn

December 22 -
January 19

You have to avoid the tendency to worry too much over the stressful encounters throughout the week. Don't take these as signs of bad luck coming your way; it's all just random coincidence.



Leo

July 23 - August
22

Instead of being annoyed by talkative people this week, you will find that debating with them and finding out what they have to say may prove to be insightful. Try not to laugh at them though; others tend to be much more sensitive than you.



Aquarius

January 20 -
February 18

It's a good time this week to reflect on your past and how you can move beyond it, as you find yourself stuck in a cycle of slow motion. You can make progress soon if you move past whatever is holding you back.



Virgo

August 23 -
September 22

You have a high energy level this week, Virgo. You will certainly be in a good mood but be aware of the people around; you don't want to wear out your family and friends with such a high level of energy.



Pisces

February 19 -
March 20

Playing hard to get may backfire on you this week, Pisces. There is only so much someone can take before they give up. If you keep this up, you may end up missing out on an amazing relationship.



Louise Kaddour is a second-year journalism student holding fate in the palm of her hand.

Christmas shopping tips help students on a budget

By MANDI CARTWRIGHT

With Christmas just around the corner, stores are beginning to jack up their prices for the shopping season.

For me, budgeting for Christmas while jobless and in school is difficult, but there are certainly ways of getting around spending excessive amounts of money on gifts.

Tip 1: Get a Christmas job

Get a job at Tim Hortons or McDonalds, or better yet, a clothing store in the local mall. They are always looking for extra help around the Christmas season. You get at least two weeks off from school for the holidays, so make use of it.

Tip 2: Limit who you buy for

Forget your boyfriend or girlfriend, and forget his parents - you don't care for them much anyway. I say stick to buying for your mom and dad only. If you absolutely have to buy for your brothers and/or sisters, do it, but don't spend a lot.

**Tip 3: Make your own gifts and cards**

The world is made up of technology these days, so why not take advantage of that? Use your computer and design your own

Christmas cards. They are inexpensive to make, and can be just as flashy as the real deal. As far as gifts go, ideas are limitless. Make mom and dad a scrapbook of yourself. They will love it!

Tip 4: Shop cheap

Go to the dollar store. You can buy basically anything there. Houseware items, colouring books, crafts, socks, underwear, makeup, candy, food. It's all there, and at a great price.

Tip 5: Budget

Three words - keep it cheap! I would say budget \$100 for all your Christmas gifts, and try not to go over it. Go to Wal-Mart and buy dad a new tool, buy mom some bath stuff, your brother an older DVD that will never get old, and your sister a cute pair of slippers or shoes. If you are going to buy for your boyfriend, get him an older video game, and for your girlfriend, some cute panties. It's not that hard to stay within your budget. Inexpensive doesn't have to be cheap.

date

OCT. 27 & 28

place

THE BISTRO

hours

9 - 8

last day

9 - 5

► FINE ART

FANTASY ◀

WILDLIFE ◀

► GIANT-SIZED POSTERS

► MUSIC

FRAMES & HANGERS ◀

► FILM

► PHOTOGRAPHY

► 1000s OF POSTERS

THE
IMAGINUS
POSTER
SALE



Canadian idol-mania hits the fair

By JAMIE REANSBURY

Fresh from national television and raring to get their budding careers underway, this year's top three Canadian idols made their first post-television debut performances at the Norfolk County Fair on Oct. 7.

"I am on cloud nine right now. This is the first taste of country life I've had since June," said Theo Tams, the winner of Canadian Idol.

Tams, along with first runner-up idol Mitch MacDonald and second runner-up idol Drew Wright, performed the two-hour, non-profit concert for the Norfolk County Fair Foundation and War Child Canada, a charity dedicated to providing urgently needed humanitarian assistance to war-affected children around the world.

The Norfolk County Fair has been held in Simcoe, Ont. for

the past 186 years.

The fair is located approximately an hour south of Conestoga College, although news of the exciting Tuesday night performance reached the ears of fans more than three hours away.

Other concert-goers though, did not even know they were going until earlier that day.

"I was competing for my school this morning and won a free ticket," said Laura-Lea Bowen, a student at Valley Heights Secondary School in Langton, Ont.

All of the profits were split between the two foundations. The idols were happy to do the charity concert, and were equally thrilled to be entertaining the audience.

"It was a blast. I had an amazing time. It's a really good cause," said Wright after the concert.

"It's cool, the people I've met so far are really nice,"

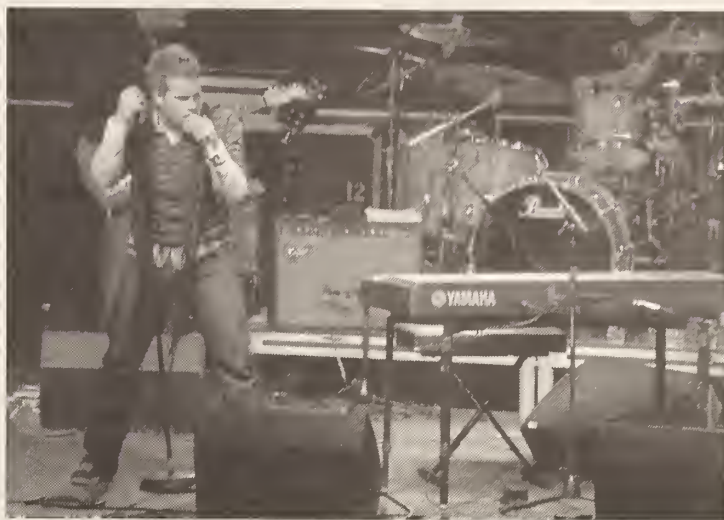


PHOTO BY JAMIE REANSBURY

Canadian Idol winner Theo Tams croons for the Simcoe fair crowd.

MacDonald added before he retired to the tent that was set up for the idols.

Tams seemed particularly happy to do the show since he would like to remain a small town boy. "It's how I remained

sane," he said.

Canadian Idol committed to the Norfolk performance prior to the winner of the television show being decided, so nobody knew who would actually be performing at the fair.

"It was like, stay tuned to the TV and find out," said Wendy Brick, publicity and marketing co-ordinator for the Norfolk fair.

It seems as if the right performers won though, since audiences were obviously impressed. "It's phenomenal to have these guys for the first concert after the show (Canadian Idol) finished," said Ted Willey, from the Norfolk entertainment committee.

"It was wonderful, and he (Tams) seemed really down to earth," said Courtney Showers, 17, of Port Dover. Showers also commented that she loved Tams's smile.

When Katelyn Tarabocchia, a first-year Conestoga College marketing student, was told about the concert, she was excited but disappointed at the same time.

"That's cool. I wish I knew because I would have went," she said.

History meets comedy in Virgin Territory

By JESSICA O'DONNELL

Sex, love and sword fights. Sounds like the average medieval romantic comedy, but Virgin Territory is far from ordinary. Starring Hayden Christensen and Mischa Barton, Virgin Territory brings history to a modern and comical story of romance and temptation.

The film takes place in the time of the Black Plague in Florence. Despite this era being portrayed as rather depressing and dark in other films, director and writer David Leland portrays Florence as the plague-ridden city it was, but takes the viewer out of the city into the Italian countryside, where hilarity and romance ensue.

Narrated by "angel-bum" painter-turned-priest Tindaro (Craig Parkinson), the tale weaves between three main groups of characters. First, there's the gorgeous Lorenzo (Christensen), a gambler running from a sore loser, Gerbino della Rata (played by Tim Roth). Lorenzo "miraculously" ends up in a convent, where he is assumed to be deaf and dumb. So he plays the part and soon becomes the sought-after gardener to a group of young nuns.

Amongst these nuns is the beautiful and virginal Pampinea (Barton). She comes to the convent to protect her virginity while awaiting the arrival of her pre-arranged husband, Count Dzerzhinsky (played by Welshman Matthew Rhys). She also happens to be hiding from della Rata. While there, she learns of Lorenzo (who she

Movie Review



knows from Florence) and his "gardening" skills from the other nuns.

Tindaro is travelling with Pampinea's friends, Panfilo, Dioneo, Ellissa and Lauretta. On their way to Pampinea's wedding, they stumble across a series of awkward and embarrassing obstacles, but are not deterred from getting to the wedding.

Laced with comedic innuendo, romance and sword fights, Virgin Territory is based on historical literature of the medieval pre-Renaissance era. These writings were The Decameron, which was also used as the film's working title in the United States and Italy.

The Decameron is a tale of a group of people telling each other stories while escaping the plague-ridden Florence. The original tales were written by Giovanni Boccaccio around 1350, and has influenced many pieces of great literature, including Shakespeare's All's Well That Ends Well and The Merchant of Venice.

Not only does Virgin Territory bring historical literature into modern comedy and romance, but it depicts a dreary era as a time to escape and explore new territory.

I give this movie four out of five stars.

What's happening

By KEVIN O'BRIEN

Studying hard for midterms and need some relief?

Here's what's happening this week in Kitchener-Waterloo.

On Thursday, Oct. 23, the Starlight (47A King St. N., Waterloo, www.janebond.ca) welcomes ex-Big Sugar frontman Gordie Johnson and his band Grady to the Starlight stage, for what will undoubtedly be one of the loudest shows of the year.

On Saturday, Oct. 25, also at Starlight, check out the D.I.Y. Not? Zine Fair. The all-ages event will run from 12 p.m. to 6 p.m. with zine vendors and workshops, followed by an all-ages show featuring Kidstreet and Cursed Arrows at 8 p.m.

And on Monday, Oct. 27, Edmonton's Shout Out Out will return to rock the Starlight stage.

If live music's not your scene, check out the Jane Bond on Saturday, Oct. 25 for Soul Night, a no-cover DJ set celebrating '60s soul music.

Voted K-W's best dive bar, Phil's (220 King St. N. in Waterloo) is open Wednesday through Sunday. Every kind of music from hip-hop to alternative to retro is covered on one of their club nights. Visit www.philsgrandsons.com for details.

Feeling like an idol? Check out the Silver Spur (28 King St. N. in Waterloo). Their karaoke selection is the best in the city and the patrons range from inebriated college and university students to older veterans of the karaoke scene.

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GIANT PUMPKINS AND AUTUMN LEAVES



PHOTO BY NEIL MCDONALD

The early-morning sun breaks through the trees at Conestoga. Unfortunately, winter is on its chilly way with temperatures starting to dip into single digits in the coming week.

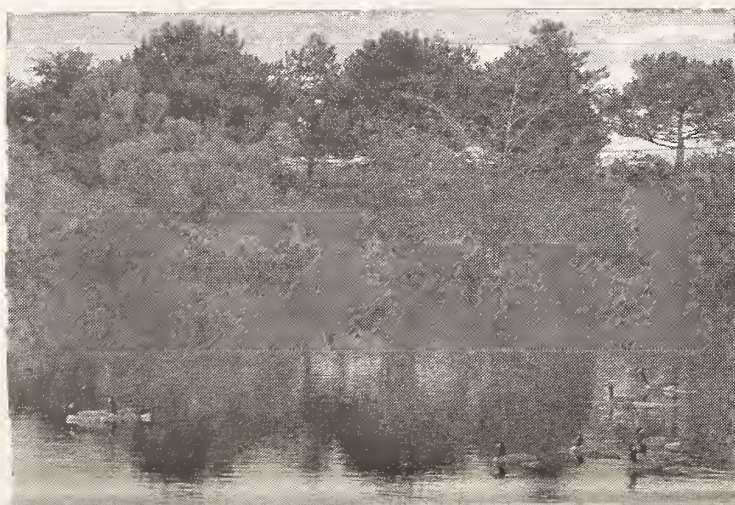


PHOTO BY PATRICK LANSBERGEN

Canada geese are heading south, avoiding the steadily dropping temperature over the next two weeks.

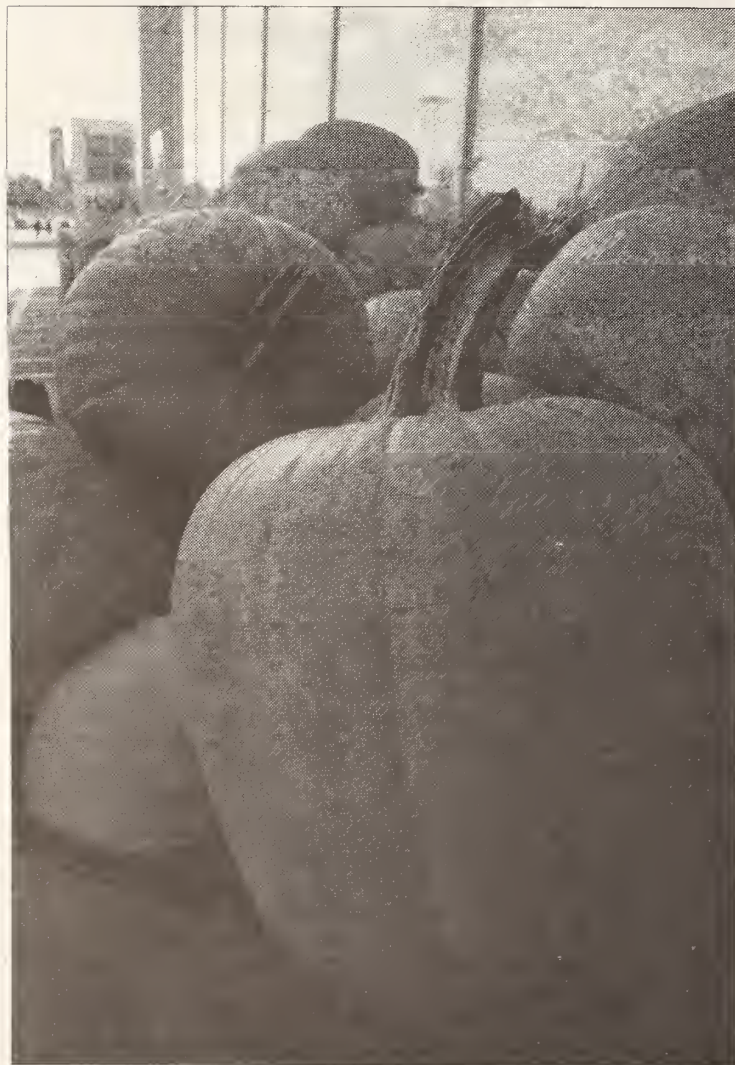


PHOTO BY KEVIN O'BRIEN

Waiting to be turned into an ugly face or a beautiful pie, pumpkins are currently available at most grocery stores. Hurry, though — you don't want to get stuck with the runt of the litter.



PHOTO BY SARAH BONGERS

Fall is finally here. First-year business marketing student, Roxanna Reed, celebrates autumn's first leaf fall on the campus by throwing leaves in the the air.



PHOTO BY CHRISTIE LAGROTTA

Two-year-old Logan Coniber propped himself up on his favourite pumpkins in his grandfather Jim's Giant Pumpkin patch. The farm, located on New Dundee Road in Kitchener, boasted a 314-pound pumpkin last year. When Jim says giant pumpkins, he means giant pumpkins.

Organic foods are healthier, but expensive

Looking down at your receipt, you scratch your head and wonder. The list of items doesn't look long but the total is so expensive. Ever since you started dieting your grocery bill seems double in price — that's because it is.

As much as people want to be healthy and eat properly, some people simply can't afford it.

Why are organic products more expensive than other products?

Organic foods are becoming increasingly popular in grocery stores; however, many people don't know what organic means. Organic products are more than just the bruised-looking fruits that sit

on the shelves in the stores.

Organic refers to how the crops are grown. This process is called organic agriculture. The crops are not treated with toxins or pesticides, fertilizers, antibiotics, synthetic hormones or genetic engineering. This process requires more time and money, thus leading to higher prices.

Eating organically is ideal because you're not filling your body with preservatives and chemicals. The preservatives in our food are used to prolong food life on shelves. According to www.eufic.org, a health food website, certain preservatives found in our foods can be harmful; however,



Kaitlyn
Heard
Opinion

er, you can avoid them by choosing to eat organic foods. If this is the path for you, expect your monthly food bill to increase.

Why is it so hard to eat healthy or buy healthier foods? Essentially, junk food is less expensive than vegetables or fruit; therefore, junk food tends to be the preferred choice — especially when your choice is fruit ver-

sus a bag of chips. Even though it looks cheaper to buy junk food or fast foods, it's not a wise choice. If you purchase a bag of apples or a bunch of bananas, it is cheaper than buying one large bag of chips. Pick healthy foods instead of that deep-fried junk food that clogs your arteries.

Although tempted to spend less money by choosing to buy junk food, it's the healthy eaters who may live longer and save on medical supplies in the long run.

I guess that's the cost of living a long and healthy life.

One way to cut costs on healthy food choices is by buying fresh foods rather

than processed products. Fresh foods last longer, taste better and cost less considering the amount of food you get for your money. Instead of paying \$5 or \$6 on a microwavable dinner that only lasts one meal, buy a head of lettuce that can make two or three salads, giving you lunch for half the week. Also, try buying a bag of almonds as a snack. They're full of protein and just a small handful can fill you up.

I suppose one must pay to live a healthy and long life. So pull out the wallet and spend those extra dollars on healthy and organic food — it will be good for you.

Not enough justice for victims' families

Is it just me, or are people getting away with murder?

On Oct. 7 a 33-year-old Toronto man was convicted in court of two counts of accessory to manslaughter and two counts of obstructing justice.

Jude Alexander, brother of Paul Alexander, was found guilty after helping his brother avoid the police and repair a rented vehicle involved in the deaths of two men in September 2005. Paul Alexander, at the time 23, pleaded guilty to two counts of manslaughter and was sentenced to nine years in prison.

He was convicted after running down two Sri Lankan brothers in a parking lot close to Revolution nightclub in Kitchener. Jude Alexander was released and is out on bail pending sentencing.

In January 2005 Art Rozendal, 43, of Hamilton, was out for dinner and drinks at a local bar when he was beaten to death in the hallway after using the bathroom. Two men were charged — Kyro Sparks, then 24, and Cory McLeod then 21, both of Kitchener. The men were originally charged with second-degree murder but pleaded guilty to a lesser charge of manslaughter.

They were in jail for 42 months before being sentenced. The men got 11 years imprisonment and credit for time served. They have 5.5 years remaining.

Their girlfriends, Katrina McLennan and Sherry Forman, were responsible for hiding evidence that was later found by police. They were given time served and are out on probation.

Hearing of the Alexander conviction reminded me of the Rozendal case. It occurred to me the justice system Canadians pride



Lacie
Groffen
Opinion

themselves on is just as flawed as a teenage romance, and is just as spur-of-the-moment and inexperienced.

How can the legal system allow men and women who sacrifice others' lives for pride and petty reasons, serve minimal sentences while those mourning loved ones only get peace of mind for a few years?

It's clear although precedent may or may not have been used during the trials for these cases, there's no grey area or confusion. In simple black and white, one man's life was worth 11 years of two others and two men's lives were worth only nine of another's.

Those responsible for helping murderers get away with a crime are just as bad. They enable dangerous people to commit crimes. They take away people's right to feel safe and secure in their own community.

Allowing killers to go without restriction or regulation makes an accessory a further threat to citizens everywhere. They should be punished as a menace to society if they refuse to offer information on harmful persons.

These people directly violate the rights set out in the Canadian Charter of Rights and Freedoms. The charter states:

"Everyone has the right to life, liberty and security of the person and the right not to be deprived thereof except in accordance with the principles of fundamental justice."

Public washrooms are disgusting

For anyone who religiously watches Mythbusters like I do, it is a proven fact that the toilet seat is usually cleaner than the kitchen table, and therefore, is technically more sanitary to eat off of.

That may be true for the toilet in family homes, but it certainly is not true for some of the public washrooms in many establishments, Conestoga College included.

Have you experienced any of the following:

Hunks of large, brown, stinky poop floating in the bowl, and a couple of flies buzzing around their feast having an absolutely wonderful time. Urine sprayed all over the stall by someone who



Jamie
Reansbury
Opinion

is either practicing to become a firefighter, or becoming impatient for the first snow of winter. Graffiti as far as the stall will allow. I still do not know who Ashley is, but apparently she slept with Todd who has a dong the size of a pencil.

Almost everyone has at least one story about a nasty washroom that nobody should use, even if it means having an accident in your pants.

That does not make it any more acceptable though, or any less disgusting.

In their washrooms at home, people normally do not write on the walls, forget to flush the toilet or practice spelling their name on the floor. However, the rules of lavatory engagement inexplicitly change when people do not have to clean up after themselves.

Oink, oink!

Everybody should be a little more courteous in public washrooms and a little less like their favourite barnyard animal — not only for the health and safety of other washroom users, but for the poor janitors who have to clean up after everybody.



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Pedestrians incur drivers' wrath

By DAVID SMITH

Put a 20-oz. steak in the path of a cougar and it will eat it — or you. Tell someone to push the letter F on a keyboard and they will most likely push the letter F — unless they're incompetent. Erect a pole with the universal flashing red hand we've all been taught as children signifies "hey, yeah you, you're doing it wrong, stop," and dozens of Conestoga College students will undoubtedly disregard the laws of physics and more importantly the law itself — and carelessly risk their lives against the flow of traffic.

While this plays out far too often on city streets within the Kitchener-Waterloo area, none strike closer to home than the intersection at Conestoga College Boulevard and Homer Watson.

Motorists keen on neglecting the idea that civilians have the right of way are better off removing their keys from the ignition because their left-hand turns from Conestoga College Boulevard heading eastbound on Homer Watson are usually interrupted with

an audience of those on foot wishing to cross the street, ignoring the traffic signals.

Most drivers consider this an inconvenience, and something that needs to be addressed.

"It's bad enough when the traffic is backed up, but people not even following simple traffic signals is just sad," says Corey Dutson, 23.

"We wait and wait for our turn to move, we only get an advanced green for a short time. People rushing across the street are completely zoned out! Sometimes only two or three cars actually get to turn before the light turns red. Why they (crossers) can't wait an extra few seconds for the walk signal is beyond me."

Pedestrians on the sidewalk agree that they are getting in the way of traffic flow as well.

"Once the first guy stops, then the second — it's a snowball effect," said Jared McIntosh, 26. However, McIntosh said drivers often aren't paying attention, and don't advance immediately on the green light.

"You get drivers talking on their cellphones, texting and



PHOTO BY DAVID SMITH

Waiting for the official OK from the signal to walk at an intersection is becoming rarer these days. With drivers becoming more frustrated and pedestrians more impatient, an accident is bound to happen.

what not, and they aren't focused. It's an accident just waiting to happen."

In 2004, according to Stats Canada, approximately 580 pedestrians aged 20-24 were unintentionally struck by motor vehicles in Canada, resulting in hospital visits, or in some cases, death. That number is surely higher today, meaning motorists have even more reason to pay attention.

Taking into account the 530 or so students currently living in the student residence and the various class schedules, you can begin to imagine how much activity goes down at the busy intersection.

The consensus from those who use the crosswalk, mainly Conestoga College students, is unintended discourse.

Jenn Eaves, 23, considers crossing against the light a

"natural thing," something that you are "just accustomed to."

"I'm usually in a group with my friends, once one starts to cross, we all just kind of follow. If I'm by myself I usually wait," says Eaves.

Perhaps the college needs a crosswalk monitor with a small wooden stop sign and a safety vest to help those who are unfamiliar with signals.

Flexible online courses increase in popularity

By SARAH BONGERS

The first words that came from Conestoga's OntarioLearn co-ordinator's mouth were, "Students come first."

Shirley Nequest's unofficial motto sums up OntarioLearn, a group of 22 Ontario colleges that share online courses. They are all about meeting the needs of the students.

"If a student comes to us and makes a request for a course, we do our best to accommodate them and to find something that matches their needs," said OntarioLearn assistant, Julie Gibson.

"Flexible" is commonly used to describe the courses provided by OntarioLearn. Anyone who has a schedule that doesn't fit an in-class structure, or travelling is an issue can enroll through OntarioLearn and attend classes in their own time-frame.

"It's definitely a great way to add a course that they may be missing without having a schedule conflict," said Gibson.

Once the students are enrolled they have the opportunity to meet with other students from other colleges in their program through a chat forum.

Over the years OntarioLearn has "exponentially" grown and is still growing by an average of 15 per cent a year. The



PHOTO BY SARAH BONGERS

The proud team who makes online education possible, from left to right: Ontario Learn co-ordinator, Shirley Nequest, with assistants Julie Gibson and Joan Clements.

OntarioLearn crew at Conestoga consists of, Nequest, Gibson and Joan Clements. They have a hard time keeping up with the number of enrolled students and meeting their demands.

"As a college we're able to provide a wider variety of online courses rather than developing them and providing them exclusively to only Conestoga College students," said Gibson on being a part of OntarioLearn. "If we only have one student from Conestoga enrolled in a course, we're going to cancel the course because it doesn't make sense for us to run it."

Because Conestoga is sharing their registration with the other colleges, they can make sure there will be enough people in the courses so they can run it.

Many in-class courses have an equivalent OntarioLearn course online. Basic writing skills, core mathematics and human relations are some examples.

There are some programs that are entirely online including a few of the certificate/diploma programs such as creative writing, home inspection, quality insurance and teacher/trainer for online learning.

OntarioLearn is "constantly evolving" by adding new courses and keeping up with the technology that has changed in the last 10 years.

Nequest has witnessed this rapid growth during the five years she has been working for Conestoga College.

According to Nequest, in the last year there has been significant increase in enrollment.

In fall 2007, Conestoga had 774 students enrolled in OntarioLearn. So far this fall, the college has already exceeded last year's mark with 783 students enrolled, not including students enrolled for courses starting in October and November.

Students who enroll in online courses come from "all over," although they are mainly from Goderich, Kincardine and northern Ontario.

Some students don't know that even though online courses are flexible, they still follow some sort of structure and time limit.

Tests, assignments and exams still have a due date that must be followed. In some courses you need to be online at a certain time of day.

RIDE A BUS SAVE SOME MONEY

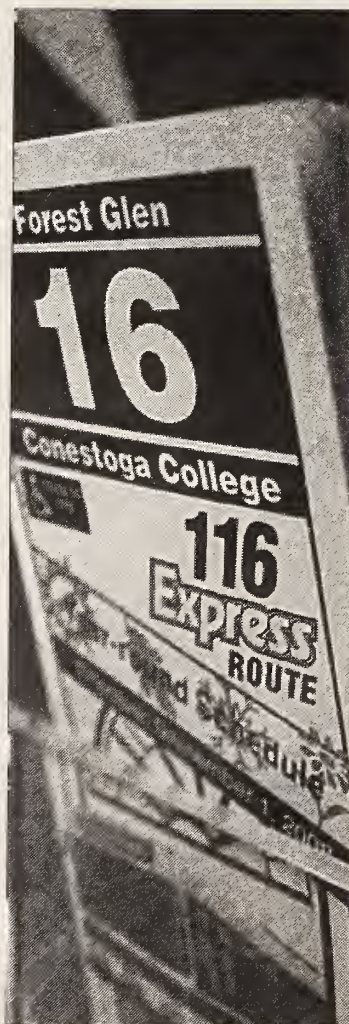


PHOTO BY KEVIN O'BRIEN

Grab a bus schedule from one of the many Grand River Transit kiosks on campus. If you're heading out on the town, the bus is the safest (and cheapest) way to get around.

Students getting comfortable at residence

By **BLAIR POLLOCK**

A couple of months into the school year and everyone at Conestoga residence is finding their groove.

The move-in is over, the boxes are long unpacked and students living at the Conestoga Residence and Conference Centre are becoming used to surviving on their own.

"At first it was hard," said first-year student Rachel Roess. "You have to make your own meals and I have never cooked for myself before. My fire alarm goes off every morning."

As the cooking skills improve entire hallways of students are able to sleep in without waking

up in unison to the sound of a fire alarm and the smell of burnt toast. These students also find themselves with newfound freedom combined with some responsibility.

But how does Conestoga residence stack up to others?

"I was in Waterloo University, living in residence," said first-year Conestoga student Steven Rounds. "The suite style of rooms here, compared to Waterloo, where I lived in a 10-foot cube, is much better."

Rounds went on to say that it's nice having such a short walk to school every morning.

Going to college can't all be about schoolwork and poorly cooked food, so various activities are being held in October to

keep the students entertained. These range from an ugly sweater dance party and a talent show to pumpkin bowling and, of course, a Halloween party in the residence basement, with DJ Chris Irwin.

And for those who fell victim to the dreaded "turkey dump" (so named because many students return home for Thanksgiving, only to be dumped by a boyfriend or girlfriend) help was provided the day after the holiday at residence.

Along with all the activities, a new social orientation staff has been chosen by the students to enhance the living environment at residence.



PHOTO BY BLAIR POLLOCK

Resident advisers, Amanda Goodhew and Sam Browne, rob the grave at Conestoga residence in preparation for Halloween.

Conestoga welcomes first-ever CE ambassadors

By **SARAH BONGERS**

They were chosen to be a special type of cheerleader, to encourage people who are considering coming back to school, and a role model for those who never thought about it.

They are Conestoga's first ever continuing education ambassadors, a team of past CE students who all share successful testimonials, a passion for life learning and a different outlook on life.

The first ambassador meeting was held Sept. 30 which brought these chosen ambassadors together for the first time.

The CE ambassadors are: Maurice Levesque, a 43-year-

old Kitchener GRT bus driver, who has "been there, done that", 49-year-old Joyce Nieuwesteeg who knows what it's like to be challenged by accessibility in a wheelchair, and Jennifer Smith, a 27-year-old human resources worker from Guelph's Upper Grand district school board. Steven Penner was also chosen to be a CE ambassador but wasn't able to attend the meeting.

Increasing the awareness for continuing education in the community is their main goal. They hope to promote and encourage mature people to come back to school, regardless of age. These include people who have been laid off.

Smith encourages people in those situations to "pursue what you love to do" no matter what.

The ambassadors will try to encourage everyone, including parents, grandparents, aunts and uncles of the students already at Conestoga, to consider furthering their career and education.

"For people who haven't been to school for 20 years, it's not the same school you remember," said Levesque. "It's not high school and it's not grade school."

The ambassadors will also be available to anyone who has adult learning concerns.

Levesque said the continuing education program is "a way out" for those who are

looking for options, but are stuck on making a decision.

Besides the excuse of being "too old" to go back to school, there is also the excuse of disability. Nieuwesteeg, an administrative assistant at Independent Living Centre of Waterloo Region, was "thoroughly impressed" when she saw the amount of effort the college put into helping people with their disabilities.

"I knew even before attending classes at Conestoga College that the instructors really care about the students," said Nieuwesteeg. "I saw evidence of this when I received a tour of the lab where students with learning disabilities go for extra help."

Levesque has also seen the

determination the teachers at Conestoga have for their students when he went to school.

"The teachers want to make me strive to be even better," said Levesque.

The testimonials the CE ambassadors plan to share with the community through school events, public speaking or one-on-one are their way of encouraging and reaching out to everyone.

They will also do this through the biggest social website, Facebook.

Continuing education is creating a Facebook page as an extra resource for those looking for options, answers to their questions or just someone to talk to.

GOOD ADVICE FOR CONESTOGA STUDENTS

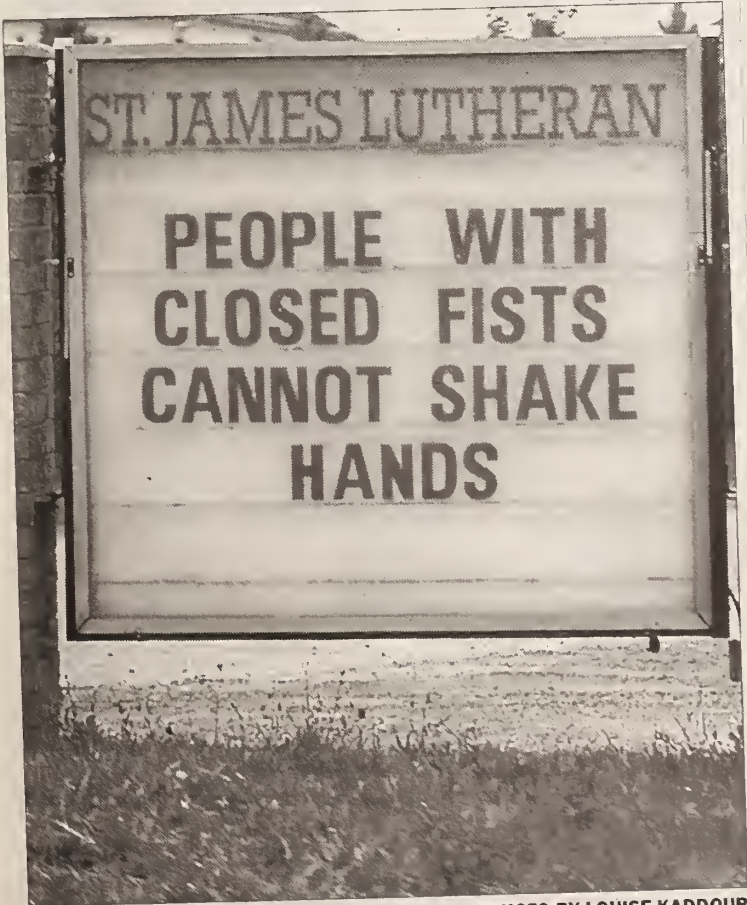


PHOTO BY LOUISE KADDOUR

This sign outside of Kitchener's St. James Lutheran Church on Trussler Road goes along with the Respect Campaign's message to keep an open mind to the diversity within the college.

CSI encourages students to join a club or create their own

By **STACIE RITCHIE**

If there are any students at Conestoga who want to start up a new club or join an existing one, they are more than welcome.

Conestoga Students Inc. supports a variety of clubs of general interest through funding, and there are constantly new clubs coming in and being approved.

Sheena Sonser, president of CSI, said there is no shortage of people for clubs and associations, but there is a shortage of awareness of what clubs are out there and CSI has tried to change that.

"This year we changed the policy (on club support services) and we've given them time with our graphic artists," said Sonser. This way they get help coming up with promotional material, such as posters and advertisements.

Sonser believes giving students time with their graphic artists "will have a positive impact this year."

Before a club can be implemented, however, it has to go through a process.

First, it has to meet all the criteria. All members and executive of campus clubs and associations must be students at Conestoga College. They must have a membership of at least 10 students, and have a statement of purpose and proposed plan of operations that includes a proposed budget for the academic year, a list of officers and a proposed event schedule for the academic year. They must also give a minimum of five volunteer hours over the course of the academic year to Conestoga Students Inc. to assist with events or activities.

Second, an application must be completed and submitted to the CSI office for approval.

Thirdly, the general manager will review the application and the applicant will be notified by e-mail if the club is approved. However, it may be required for an executive member of the potential club or association to

give a verbal presentation of their club's package to the general manager.

If a club or association is approved, they must hold any two of the following events: inter-cultural event, an educational event, a career/placement activity, a club fundraising event or an awareness/promotional event.

One week following each event, a written report must be handed in by the club or association executive to the CSI office that outlines the purpose of the event, the success of the event, approximate turnout of Conestoga students, whether goals and objectives were met and recommendations for future events.

A final semester end report must also be submitted by the club executive that will form the transition report for future executive members.

Any students wanting to start a club or association can pick up an application at CSI, which is located in Room 2A108.

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